

Diabetes: Nutrition and Exercise -

For people who have diabetes

(Part 2 of a 3 Part Series)

Satellite Conference & Live Webcast

Tuesday, November 1, 2005 • 2:00-4:00 p.m. (Central Time)
3:00-5:00 p.m. (Eastern Time) • 1:00-3:00 p.m. (Mountain Time) • 12:00-2:00 p.m. (Pacific Time)

People with diabetes have the same nutritional needs as anyone else. Along with exercise and medications (insulin or oral diabetes pills), nutrition is important for good diabetes control. By eating well-balanced meals in the right amounts, you can help keep your blood glucose level as close to non-diabetic levels as possible.

What foods are healthy? What foods are unhealthy? How do you establish a plan for eating healthy foods? What foods can you eat a lot of? Are there foods you should avoid? Are some fats better than others? How can you understand a nutritional food label to help you make healthy food choices? How can you make the best choices when faced with eating out? Now is your chance to learn more about diabetes and nutrition and get answers to your questions.

Exercise includes anything that gets you moving, such as walking, dancing or working in the garden. You can benefit from being physically active without joining a gym, playing sports or buying fancy equipment. When you are physically fit, you have the strength, flexibility and endurance needed for your daily activities.

Learn more about how exercise can make you feel better physically and mentally. Learn more about aerobic exercise, strength training and flexibility exercises. Learn how regular exercise can help you manage your diabetes, help you lose weight and improve your blood sugar control.

Faculty:

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Conference Details:

Target Audience: Patients, family members and caregivers who live with and manage diabetes.

Registration: www.adph.org/alphtn

CEUs: None awarded for this program. **Cost:** There is no cost to view.

Satellite Technical Information: This program will be a live satellite broadcast on both Ku & C bands.

Webcast Information: Please register at www.adph.org/alphtn To view this live webcast, you will need RealPlayer or Windows Media Player. This program will also be available as an on-demand webcast beginning Thursday, November 3rd.

Conference Materials: Posted on our website approximately one week before the program.

Questions For Faculty: If you have questions that you want addressed during the conference, you may fax or email those questions and a response will be given during the program.

Email: alphtnquestions@adph.state.al.us or Fax: 888-737-1972.

General Questions: If you have questions about any of these conference details, call 334-206-5618 or email alphtn@adph.state.al.us

Register for Part 3 of this series (www.adph.org/alphtn):
Diabetes and Complications
Tuesday, November 8, 2005; 2:00-4:00 p.m. (Central Time)

This program is sponsored by:

Vision Science Program, University of Alabama at Birmingham, Centers for Disease Control and Prevention,
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alabama public health training network